



DO I HAVE A RECURRING BEHAVIOURAL PATTERN?

Do you feel as if the same situation keeps happening to you over and over again and you do not understand why. You might be meeting the same kind of partners, experiencing the same conflicts at work, you name it!

Understanding that this is not happening to you, but for you is the first step to moving forward with your life. All it means is that there is some unconscious information that needs to be brought to awareness, so you can stop reacting blindly and start acting consciously. Everything has its purposes, and our issues are our best teachers. A BNE session will help you swiftly move through that process, so you can own your power and reclaim that pattern!

Now I invite you to grab a pen or hit that keyboard and allow yourself the time to answer the three following questions. They will help you gain clarity around your issue and how it is affecting you, right now.

1. Are you experiencing a recurring issue in your life?
Describe where it has been showing up for you?

2. When was the first time you noticed this issue begin
(age/year etc.)? Roughly how many times have you
experienced it since then?

3. How is this pattern affecting you in how you show up in your life?